

LONDON metro®



SQUABBLE AHEAD FOR BOBBLEHEAD

MAYOR ROB FORD RAISED A BUCKET OF CASH FOR CHARITY WITH HIS TOY DRIVE — AND HE'LL NEED ALL THE GOOD WILL HE CAN GET AS COUNCIL VOTES ON A MOTION TO DEMAND HE TAKE A LEAVE OF ABSENCE **PAGE 5**

Doesn't matter what or where — if it's B-ball, it's his Forte

The multi-talented and well-travelled Jason Forte joins the London Lightning **PAGE 15**

A shootout? Talk about drama!

In which Shannon seems fairly unconcerned about the fate of Mr. Taylor **PAGE 8**

Philippines hungry as aid waits to get in

With the nation in chaos and infrastructure in ruins, the pressing problem is not the amount of support — it's how to get it there **PAGE 7**

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SEE SNOW, GO SLOW

A snow-covered Wortley Village may make for pretty viewing, but the area's first snowfall of the year, which started Monday night and continued Tuesday, wreaked havoc on roads, police say. See story, page 2. MIKE DONACHIE/METRO

Sidewalks are no place for bikes: Safety advocates

Whether you're elderly or not. However, a plan to allow seniors to use sidewalks may go ahead

Smokescreen?

"Every study ever done shows it's more dangerous to cycle on the sidewalk. This is what the city of London does ... instead of really dealing with cycling safety."

London Cycling Link co-founder Gary Brown



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The city's director of roads and transportation admits it's more dangerous for cyclists to ride on sidewalks than on city streets — but said seniors may still be allowed to do so.

Ed Soldo said a plan to allow London's seniors to use sidewalks may still fly, but — after several people voiced concerns — more public input is required first.

The idea was pitched after

the city consulted with seniors and many said they feel more at risk on streets.

Not so, said Soldo.

"In general, it is less safe for seniors to ride on the sidewalk. There's the possibility of having conflicts with pedestrians, there are more collision points with people coming out of their driveways and various intersection roadways," he said. "That's why we generally want people to ride their bicycle on the road."

Currently, children 14 years

old and younger are allowed to ride on sidewalks. Others face a \$140 fine.

London Cycling Link co-founder Gary Brown accused the city of raising the sidewalk issue as a smokescreen. He said London needs to reflect cities such as Waterloo, which have become cycle friendly.

"Waterloo, which is light years ahead of us, is going to put more bike lanes down, yet what is our council discussing? Who can ride on the sidewalk," he said. "It's embarrassing."



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Shine that light

City to light up for good causes

City buildings can expect to gain some extra colour at night under a new policy.

Facades can be lit up for a week by LED lighting if organizations make a request and it's a good cause. The agreement, OK'd Tuesday by a council committee, formalizes an already existing practice, with one big exception: The Shine the Light campaign run by the London Women's Abused Centre is the only organization that will get an entire month, and that's every year, the committee agreed.

Currently, city hall and other buildings are lit purple for the campaign, which is focused on ending abuse of women.

Megan Walker, the centre's executive director, spoke during the meeting about the value of the November campaign, which has spread across Canada.

City clerk Cathy Saunders said the policy was being formalized in response to a request from council.

She said the number of requests to light buildings had "increased substantially" since the World Figure Skating Championships were held in London, and granted the privilege of a lighting celebration.

The idea behind a published policy is so that everyone knows the rules.

There was support for the policy and the Shine the Light exception from all five council members at Tuesday's meeting.

Coun. Bud Polhill said Shine the Light deserved special treatment because it "represents more than half the population."

MIKE DONACHIE/METRO



G. J. Rancourt made an unsuccessful plea to a city committee on Tuesday regarding religious flags outside city hall. MIKE DONACHIE/METRO

Religious flags ban sparks accusations

Bylaw discussion. City is 'embarrassed' and 'ashamed' by religion, says businessman



MIKE DONACHIE
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The city of London was accused of being "ashamed of Christianity" Tuesday by the head of a business organization.

And it was all about flying a flag.

G. J. Rancourt, of the Christian Businessmen's Council of London, was at city hall for a discussion about a bylaw

change that will ban religious flags from the community flagpole across from Victoria Park.

He was allowed to speak at a meeting of council's corporate service committee, and he said, surprisingly, that he was in favour of the ban.

But, he argued, his organization's flag — which is white with a crucifix on it — should be exempt from the rule as it represented "Judeo-Christian heritage," and not religion.

"If we in London continue to shy away from, and be ashamed of, Christianity with the hope of becoming all things to all religions, if we are in favour of a political correctness that robs the city of its integrity, or passing by-

laws for the sake of expediency alone, then enemies such as increased crime and a high unemployment in this city will not be defeated," said Rancourt.

"If we are embarrassed of God, when would God continue his blessings on this city?"

But his appeal didn't sway the councillors, with Coun. Nancy Branscombe formally moving that the policy, with the religious flags ban, be accepted.

Coun. Joe Swan described the bylaw as "clear and fair."

It was unanimously accepted, and the issue will be on the agenda at full council next week.

At a glance

- City clerk Cathy Saunders said the ban on religious flags is to avoid offending any section of London's diverse community.
- Asked why the city has a Christmas tree but won't allow a flag with a cross, she explained that Christmas is a festive holiday, not a religious one.
- The city doesn't allow prayers before meetings but invites religious leaders to the first meeting of a new council after elections.

More than 160 crashes reported after first storm

All 400-series highways were shut down at various times and more than 160 collisions were reported by the west region OPP, as the area was dealt its first winter storm of the season Monday and Tuesday.

Police said many motorists didn't change their driving habits to match the slippery conditions. "The closures were caused by drivers which officers

on the road say were oblivious to the winter conditions," OPP Sgt. Dave Rektor said.

Several vehicles contributed to a chain-reaction collision just west of the city Tuesday morning.

"Winter driving isn't rocket science. In fact, it's quite simple: When you see snow, go slow," Rektor added.

Middlesex-London EMS dep-

uty chief of operations John Prno said calls for service nearly overwhelmed his paramedics early Tuesday morning.

"The weather really hit us early. By 8 a.m., we were out of ambulances, mostly for crashes on the highways," he said.

In the city, the number of calls was up as well, as much for collisions as for slips and falls. SCOTT TAYLOR/METRO

Woodstock. Donation boxes snatched: Police

Woodstock police are searching for a man who swiped two donation boxes in the area of Dundas Street and Springbank Avenue on Monday.

The first incident occurred at about 5:15 p.m., when the suspect entered a business and grabbed a donation box from the counter and fled. Eight minutes later, the same man grabbed another donation box from a countertop and left the area on foot, po-

lice say.

No one was injured. Police haven't said what kind of donation boxes were involved.

The suspect was last seen wearing a white hoodie, dark pants, a black jacket and carrying a blue or black backpack.

Anyone with information is asked to contact Woodstock police at 519-537-2323 or Crime Stoppers 800-222-8477.

SCOTT TAYLOR/METRO

Western looking to 'engage' with the greater London community

'The start of a conversation'

University looks to focus relationship-building efforts



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It's time to get organized, say leaders at Western as they take a close look at the university's

links with the community.

Delegates from campus and community will come together Thursday at Engage Western, a conference designed to focus the way the university can be a force for good.

It's all about creating positive social change, said Marcia Steyaert, community relations specialist at Western.

"Western quite often in many different ways, at the individual level and the group level, we collaborate with dif-

ferent organizations in the city of London," said Steyaert. "We wanted to bring people together on campus and off campus to talk about some of the ways that we do that, and maybe improve and increase the way we collaborate with the community.

"It's the start of a conversation."

Asked if it's about bursting the "campus bubble" that's perceived as keeping students in a separate world, she emphasized there's already

plenty of community engagement.

"We do feel that there are so many different ways that we are already connection with the community," she continued. "It's just not necessarily in a controlled way."

Already, there's the University Students' Council running community events including street cleanups, plus there's the way Western research benefits the wider public. Also, staff and students do voluntary work across London.

Steyaert said the initiative also isn't in response to any of the recent controversy with policing or with students' behaviour in the community, which are expected to come to a head with a public meeting at the city's town and gown committee Wednesday night.

The conference was set up in response to a call, during the summer, from the Association of Universities and Colleges of Canada, which has community collaboration as a theme this year.

Engage Western

- The conference takes place Thursday and is already fully-booked.
- It will feature a panel discussion on community-university engagement, including experts from the Lawson Research Institute, Pillar Nonprofit Network and the Student Success Centre at Western.

Franklin, Tenn.

Londoner charged after child porn, luring case reported from U.S.

Luring and child porn charges have been laid against a 38-year-old London man who, police claim, was involved online with a minor living in Franklin, Tenn.

The London Police Cyber Crime unit received information about the alleged crime from the Williamson County sheriff department. They said the offence was initiated while the two were playing online video games.

Jason Greenwood was arrested after a search warrant was executed Friday.

SCOTT TAYLOR/METRO

Omnibus

Sentencing law 'cruel and unusual'

Mandatory minimum sentences for gun possession are "cruel and unusual punishment," Ontario's top court ruled Tuesday in striking down two planks of Ottawa's law-and-order agenda.

The sentencing laws, enacted as part of the Conservatives' 2008 omnibus bill, could see people sent to prison for three years for what would amount to a licence violation, the Court of Appeal for Ontario ruled.

Struck down were the three-year mandatory minimum for a first offence of possessing a loaded prohibited gun and for five years on the second offence.

THE CANADIAN PRESS



Vigil remembers family killed in murder-suicide

Friends shared memories at King's University College at a vigil for the Walji family Tuesday night. They gathered with candles in front of the Cardinal Carter Library to speak about Mohamed, Shyro and daughter Qyza Walji, but especially Qyza, who was a former classmate for many. The family died Oct. 31 in a murder-suicide.

MIKE DONACHIE/METRO

Misleading data? Waiting list for affordable housing declining in Forest City

Waiting lists for affordable housing in London are dipping as those elsewhere continued a "slow and steady climb" in 2012, says a new report.

Almost 158,500 Ontario households — including 2,172 in London — were waiting for affordable homes as of December last year, according to the Ontario Non-Profit Housing Association's annual waiting list survey.

The provincial number represents more than three per cent of Ontario households, the highest rate since the association began collecting statistics in 2003, the report notes.

The local number, however, is the lowest it's been since the survey started — declining by more than 50 per cent.

Last year, 849 households were moved into affordable units in London while 722 new applications were received, the report says.

The average wait time for housing locally is a little more than two years.

Abe Oudshoorn, a London housing advocate, said the statistics can be a bit misleading.

The data only covers rent-geared-to-income units. Although that is the largest source, it represents "only about half of the affordable housing in London," he said.

Sharad Kerur, executive director of the province's association, said the federal-provincial affordable housing program is helping to create about 1,500 new affordable

Housing stats

Local households on waiting lists:

- 2012 — 2,172
- 2011 — 3,090
- 2010 — 4,037
- 2009 — 4,265
- 2008 — 3,852
- 2007 — 3,377
- 2006 — 3,440
- 2005 — 3,963
- 2004 — 3,735
- 2003 — 4,451

SOURCE: ONTARIO NON-PROFIT HOUSING ASSOCIATION'S ANNUAL WAITING LIST SURVEY

rental units annually in Ontario.

But relatively few are affordable to low-income households on waiting lists who are paying between 30 per cent and 50 per cent of their incomes on rent, he said.

"Aging baby boomers, stagnant wages and population growth are steadily driving demand," Kerur said. "New units aren't being built and all levels of government need to take greater responsibility to keep existing stock in good repair." METRO, WITH FILES FROM TORSTAR NEWS SERVICE

Children's book tells kids to say 'I like me'

Positive message.

Local entertainer tells young people that bullies need help, too



MIKE DONACHIE
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"I like me" is the message, and a new book by a London campaigner is spreading it around schools.

Saidat Vandenberg is a motivational speaker, a singer, an entertainer and a youth activist. Now, she's an author, too.

She works with kids in schools to help them make positive choices and help each other.

Her new book, *Tadías and the Pitbully Tree*, has a powerful message for young people.

"The book's story was a story that I'd been telling for years in my primary show, and I really wanted to get that out there," said Vandenberg. "*Tadías* is a girl who's trying to get to a place called I Like Me. She encounters a bully who happens to be a tree."

Why a tree? To keep gender out of the story. A bully can be anyone, she said.

In the story, the frightened girl is given three magic words by her mother: "I like me."

Vandenberg continued: "The thing I really like about

this book is it shows you that bullies need help as well.

"Not only does a person being bullied need help, but the person who's bullying is probably going through something as well.

"It's not that we need to try to justify their actions, but we understand that person needs help in their own way."

Vandenberg, 41, who's originally from Minneapolis, tours schools with three age-appropriate shows covering junior kindergarten to Grade 12.

She teaches kids to treat others as they would want to be treated, and even uses their attitudes to pop star Justin Bieber as an example. If they jeer Bieber — and they usually do — she asks them to think about how it might make him feel if he was there.

"We need to realize that the things we want for ourselves are the things that we don't bring out for other people," she adds. "We have to give that same respect away."

Where to buy the book

- *Tadías and the Pitbully Tree* is out now, published by Xlibris.
- It's available to buy or order from Chapters, Barnes and Noble and Amazon.



London motivational speaker Saidat Vandenberg is passing her message about self-respect and self-acceptance to local students. MIKE DONACHIE/METRO

Local campaign wants students to speak up

Positive steps by young people are being urged in a new area-wide campaign.

The Thames Valley District School Board has begun a campaign called Find Your Voice, launched at a conference Friday.

Complete with the Twitter hashtag #FindYourVoiceTV-DSB, it encourages students to speak their minds and stand up for themselves.

The Social Media and Violence

Conference at Western University's Althouse College promoted prevention and intervention efforts by educators, parents and community agencies to help keep people safe online. About 150 students also took part.

"The key messages in the program are to Find Your Voice and be an Upstander," says safe schools superintendent Karen Edgar, referring to a person who stands

Quoted

"Students are our most powerful partners in the school system for effecting positive change."

Karen Edgar, safe schools superintendent

up when they see something

wrong.

She continued: "Students began networking at the conference, and we want them to be able to stay connected afterwards using a social network medium in a positive way."

The idea is to use social media to open positive lines of communication, but that's just the start.

Students at each school are encouraged to come up

with an action plan for the school year with the support and collective voice of students, teachers, support staff, parents and community members.

"Students are our most powerful partners in the school system for effecting positive change," said Edgar.

"It is the collective voices of youth that will help us to move forward in all areas."

Students across the dis-

trict will also wear T-shirts with these messages to class, at school assemblies and at district-wide safe schools conferences.

MIKE DONACHIE/METRO

On the web

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'Anonymous' condoms cause uproar at Calgary university

'Anonymously get inside.' What creators say was an 'innocent joke' called 'borderline rape paraphernalia' by student newspaper



JEREMY NOLAIS
Metro in Calgary

Students at Calgary's Mount Royal University have come under intense scrutiny after planning to distribute up to 1,000 condoms with the message "Anonymously get inside" on them.

Those most bothered by the initiative, steered by administrators with the MRU Confessions Facebook page, are alleging it "promotes rape culture" and are demanding an apology.

While the moderators of the page said Tuesday they intend to solicit a new slogan from one of nearly 7,000 followers of their Facebook page, they maintained the condoms were meant as an "innocent joke."

"We weren't made aware of the gravity of it until people started mentioning it to us publicly ... I'll say that, on our part, maybe we should have thought it through," said one man, who identified himself as "Admin2."

Tensions at Mount Royal's campus came to a head after an opinion piece was published by staff with the student newspaper, The Reflector, which deemed the condoms "borderline rape paraphernalia."

The Facebook page's administrators dismissed those claims as "absurd," and said the slogan was a play on an event called "Masked Anonymous" they hosted for Mount Royal students in October.



The controversial slogan on these condoms has come under intense criticism from peers and faculty at Calgary's Mount Royal University. FACEBOOK

Ottawa

Thief flees with woman's ponytail in bizarre attack

A man snuck up behind a woman in Ottawa on Sunday and lopped off her

ponytail, police say.

The thief "grabbed the woman from behind, controlled her and then proceeded to cut off the victim's ponytail," a police news release said.

The victim fought the thief who then fled with the hair. **METRO IN OTTAWA**

Laval, Que. Three girls suffer minor injuries after car crashes into daycare

Three young girls escaped with minor injuries Tuesday after a car smashed through the plate-glass window of the daycare centre they attended.

The children were rushed to hospital for treatment along with the driver of the car, an 80-year-old woman who suffered shock and minor injuries to her back, said Const. Franco Di Genova.

The three girls were aged three, four and five years old and were not seriously injured, Di Genova said, adding one of them had been released from hospital and

another was expected to be sent home by the end of the afternoon.

One little girl was either hit by the vehicle or flying debris and suffered wounds to her face, said Di Genova. She was expected to be released from hospital on Wednesday.

A doctor at Montreal's Ste-Justine Hospital said she is stable and that the injuries could have been much worse.

"We're pleased the injuries are not as serious as we could imagine given the situation," said Dr. Antonio D'Angelo.

THE CANADIAN PRESS



A police officer surveys the scene after a car crashed into a daycare centre in Laval, Que., Tuesday. Three children were taken to hospital with minor injuries. RYAN REMIOWZ/THE CANADIAN PRESS



Toronto Mayor Rob Ford holds a bobblehead doll of himself at Toronto's city hall on Tuesday. Hundreds lined up to be the first to own the Mayor Rob Ford doll, the proceeds of which go to charity. The \$20 bobbleheads were restricted to one per person, and with only 1,000 made, they quickly sold out. FRANK GUNN/THE CANADIAN PRESS

Ford keeping his head up

Admitting to having smoked crack cocaine and drinking himself into a stupor is no reason for Toronto Mayor Rob Ford to take time out to seek help, his brother said Tuesday.

Despite intense pressure on Ford to step down, Coun. Doug Ford insisted the mayor would not do so, saying he is getting "the support he needs."

"He doesn't want to be stepping aside for two weeks," Ford said. "He has to keep busy."

On Wednesday, a city councillor is expected to put for-

ward a non-binding motion demanding Ford take a leave of absence.

Motion sponsor Coun. Denzil Minnan-Wong has said he planned to ask council to petition the province to oust Ford if he doesn't step aside.

Doug Ford, his brother's ardent defender, said he expected a "very political" week.

"Of course, it will be a flogging," the councillor said.

Meanwhile, the notorious, 90-second cellphone video appearing to show Ford smoking

crack cocaine was brought to a Toronto courtroom Tuesday by a police officer on a password-protected, encrypted drive.

Ontario Superior Court Judge Ian Nordheimer watched the videos in chambers as he considered an application by a man seen posing with the mayor in a widely published photograph for access to the video.

Nordheimer could also rule at any time on releasing remaining parts of a document that shed light on Ford's rela-

Quoted

"He's apologized profusely and I don't know how many more times he can apologize."

Toronto Coun. Doug Ford

tionship with his friend Alexander (Sandro) Lisi, an alleged drug dealer who also faces extortion charges in relation to the video. **THE CANADIAN PRESS**

Feds 'lack clear policy' on use of surveillance drones, study says

New research. Report says public discussion needed as law enforcement adopts drone technology

There must be clear policies about the sort of personal information flying drones are allowed to collect before Canadian police and others begin using them on a large scale, warns a new study.

The groundbreaking research report on drones — unmanned eyes in the sky — urges law enforcement agencies, governments and privacy commissioners to work together to ensure civil liberties are respected as more of the miniature craft take to the air.

It says unmanned aerial vehicles, or UAVs, can offer potentially significant cost savings



A small Draganflyer X6 drone is photographed during a test flight in Mesa County, Colo., in a 2009 file photo. A new study warns that there must be clear policies about the sort of personal information flying drones are allowed to collect before Canadian police and others begin using them on a large scale.

MESA COUNTY SHERIFF'S UNMANNED OPERATIONS TEAM/THE CANADIAN PRESS

for police and could be useful for responding to emergencies or performing mundane chores.

However, the "potential for

intrusive and massive surveillance" means public discussion is needed to reassure Canadians they will not be arbitrarily spied upon, the study says.

Ultimately, the federal government "lacks a clear policy" on the devices, it adds.

A copy of the study, to be released next week, was made

available to The Canadian Press by authors Christopher Parsons and Adam Molnar of Block G Privacy and Security Consulting.

Privacy concerns

Law enforcement agencies have not "sought feedback from the public on how UAVs should or should not be adopted as a tool to serve the public interest."

Research report on unmanned aerial vehicles by Block G Privacy and Security Consulting

The devices, which range in size from a bird to a small plane, are usually outfitted with cameras but can also carry thermal imaging devices, licence plate readers and laser radar.

The RCMP is eyeing creation of a national fleet of small drones with cameras to help investigate offences, reconstruct traffic accidents and assist with search-and-rescue.

THE CANADIAN PRESS

Protesting artist speaks about nailing genitals in Red Square

The performance artist who was arrested after stripping naked and nailing his scrotum to the cobblestones of Red Square has been released. Pyotr Pavlensky, 29, drove a nail through his genitals on Sunday while sitting on Russia's most famous square before police took him to the hospital and then to custody. A court dismissed charges of "petty hooliganism" and released him Monday. The artist is no stranger to pain — in 2012 he sewed his mouth shut with a coarse thread in support of Pussy Riot. Metro spoke with Pavlensky to find out how he managed to perform his latest stunt.

Q: How did you pull this stunt before they could stop you?

A: I understood that there is surveillance everywhere. But I had an advantage because every other illegal protest on Red Square has people waving flags and is very visible. The

police can react on such things.

Q: What was the message behind your performance?

A: I heard that when conditions are bad in prison, convicts drive nails into their bodies. To this I added an act of humility before my country. What I mean is that people find what is excessive, on what nails them but they do nothing. It makes them feel helpless.

Q: Did you speak with doctors about the possible consequences of such performance?

A: I didn't notice any consequences to my health. You know, I didn't try to nail my eye! When I was nailing my testicles I wasn't scared at all, but when I was preparing (for the stunt), I was. All the fears and phobias doubled up.

Q: How did you prepare?

A: I thought about my clothes. And I tried to

undress quickly. I had to be sure that I could take off my clothes in 40 seconds. Otherwise, the stunt could fail.

Q: Of course, it must have been hard to ready yourself and nail your scrotum ...

A: Fear is a natural feeling, when you are thinking about it. The only thing that was really important for me was not to sever a vein — there would be a lot of blood then. I had to try to hammer a nail and not to hit a blue line. But as for the pain, I was full of adrenaline so I felt none.

Q: How has your family reacted?

A: Oksana Shalygina, who is working with me in the online project Political Propaganda, is always supportive. I'm against the institution of marriage, so I can say she is my ally. We have two children — they, too, in some way, are "partners."

EVGENIY MORUZ/METRO WORLD NEWS



No riding the art, please

Workers uncrate a pendulum sculpture near Grand Valley State University in Allendale, Mich., prior to it being reinstalled Tuesday. It was removed in September because the cable had begun to fray as students used it to mimic a Miley Cyrus video. CHRIS CLARK/THE GRAND RAPIDS PRESS/THE ASSOCIATED PRESS

Spain. Neighbour sues piano player

To most people, noise pollution is a jet engine roaring over their head. For one Spanish woman, it was a neighbour practising piano.

The woman has taken her neighbours in the apartment below, a 27-year-old pianist and her parents, to court. Now prosecutors want to send all three to jail for over seven years on charges of psychological damage and noise pollution.

Neighbours often complain about street noise in Spain, but prosecutors seeking jail time for someone playing the piano is unheard of — especially since that musician is now a professional concert pianist.

At the trial in the north-eastern city of Gerona, Sonia Bosom claimed she suffered noise pollution due to the five-days-a-week, eight-hour practice sessions of Laia Martin.

Martin, 27, denies that she played at home that often.

On Monday, the El Pais newspaper reported that Bosom told the court she now hates pianos so much she can't even stand to see them in a film. THE ASSOCIATED PRESS

Food, water, medical supplies only trickling into Philippines

Tacloban. The city of 220,000 bore the full force of the winds and the tsunami-like storm surges Friday

Desperately needed food, water and medical aid are only trickling into this city that took the worst blow from Typhoon Haiyan, while thousands of victims jammed the damaged airport Tuesday, seeking to be evacuated.

"We need help. Nothing is happening. We haven't eaten since yesterday afternoon," pleaded a weeping Aristone Balute, an 81-year-old woman who failed to get a flight out of Tacloban for Manila, the capital. Her clothes were soaked from a pouring rain and tears streamed down her face.

Five days after what could

be the Philippines' deadliest disaster, aid is coming — pallets of supplies and teams of doctors are waiting to get into Tacloban — but the challenges of delivering the assistance means few in the stricken city have received help.

"There is a huge amount that we need to do. We have not been able to get into the remote communities," UN humanitarian chief Valerie Amos said in Manila, launching an appeal for \$301 million to help the more than 11 million people estimated to be affected by the storm.

"Even in Tacloban, because of the debris and the difficulties with logistics and so on, we have not been able to get in the level of supply that we would want to. We are going to do as much as we can to bring in more," she said. Her office said she planned to visit the city.

THE ASSOCIATED PRESS



Philippine military personnel try to prioritize children and women first as people wait for evacuation flights in Tacloban, central Philippines, Tuesday. WALLY SANTANA/THE ASSOCIATED PRESS

The aftermath

Most of Tacloban is in ruins, a tangled mess of destroyed houses, cars and trees. Malls, garages and shops have all been stripped of food and water by hungry residents.

- 11 million people were affected by the storm, UN humanitarian affairs estimates.
- 1,774 confirmed dead.
- At least 2,487 people are hurt.
- President says death toll may be lower than the 10,000 estimate.
- There are no reports so far of Canadian deaths or injuries.

Vancouver picks up new habit: Recycling pesky cigarette butts

Smoke 'em if you got 'em — just don't forget to recycle 'em afterward.

Vancouver launched the world's first municipal cigarette butt recycling program on Tuesday, a pilot project that aims to get butts off the streets.

TerraCycle, a global company that recycles "stuff that can't be recycled" like chewing gum and dirty diapers, will install 110 recycling receptacles with stickers that say "Recycle Your Butts Here" TerraCycle founder Tom Szaky said Monday.

Staff from Downtown Eastside non-profits EMBERS and United We Can will collect the butts, with the bottle depot shipping the waste to TerraCycle for processing into industrial plastics.

The so-called "Cigarette Waste Brigade" aims to get the toxic waste off the streets and help the city meet its greenest city goals.

Reaction

- **Sherri, smoker:** "I always put it in the garbage — I try to be respectful. I think these are very productive things."
- **Charles Gauthier, Downtown Vancouver Business Improvement Association:** "This is a better solution since it deals with end product. All we were doing before was picking them up and throwing them away."
- **Irritated smoker who didn't want to be named:** "What about the people who pick up cigarette butts and roll their own smokes?"

It was inspired by the West End Cleanup group, which successfully collected thousands of butts for a

penny apiece during Car Free Day.

Former smoker Miguel Araiza collected enough butts during the West End Cleanup project to earn \$40 in three hours — a sum he found more profitable than returning bottles, he told Metro at the time.

But the bottle depot model ultimately wasn't feasible since "a penny a butt adds up to be quite expensive," Szaky said. The final model is cheaper and more hygienic as it doesn't require citizens to pick up toxic waste, he said.

TerraCycle is funding the pilot with the goal of replicating the program around the world.

"Vancouver was the first city, so we wanted to invest in it to make it happen," Szaky said. Two major American cities are already looking at copying the idea, he added.

EMILY JACKSON/METRO IN VANCOUVER

Random biz fact of the day

1 of 6

1 out of 6 job seekers found their last job through a social network. CAREERLEAF/NEXCAREER



GETTY IMAGES FILE

Market Minute

	DOLLAR 95.30 ¢ (-0.14¢)
	TSX 13,326.04 (-32.35)
	OIL \$93.04 US (-\$2.10)
	GOLD \$1,271.20 US (-\$9.90)

Natural gas: \$3.64 US (+6¢)
Dow Jones: 15,750.67 (-32.43)



A (fingerprint) scanner darkly

In 2002, Steven Spielberg's *Minority Report* was creeping audiences out with biometrics. These days what was once science fiction is now reality. Iris and fingerprint scans, as well as facial and voice recognition, have hit the mainstream. At a KFC in Indiana, workers punch in, not via punch clock, but by putting their finger on a scanner. PETER MACDIARMID/GETTY IMAGES FILE



Douglas Coupland

Douglas Coupland's latest novel, *Worst. Person. Ever.*, is available from Random House Canada.

Day 8

metronews.ca/temp

Help really wanted

A good nanny is hard to find

Although it seems there's no shortage of help-wanted and job-seeker postings for temporary workers online, some say finding a temporary worker is harder than some might think.

Melissa Namer, a Moose Jaw resident trying to find a child-care provider to look after her kids while she returns to school, said she's had no luck finding a temporary worker.

"I've had that ad up for about a month and I've had no successful people (apply)," she said in a phone interview.

"It's mostly teenagers and young kids who just want to make a few bucks, while I'm looking for someone to look after my kids while I'm in school."

She said while there has been some response, those applying have been under-qualified or unwilling to commit.

METRO IN REGINA



Jq Frost, the star of *Supernanny*
THE ASSOCIATED PRESS

Temp Stumbles Upon a Shootout

"Get back!" A policeman standing in front of the yellow-taped off parking lot barked at us to move. We saw police snipers on the roof.

Sarah No. 3 was close by and we asked what was happening.

"Kevin Taylor is bunkered inside the remains of the warehouse."

"And...?"

"He says he's going to kill himself."

"Oh God. Any hostages?"

"They don't think so."

Talk about drama. Just then, the Shoeman and his father, Xu Senior, pulled up across the street and came over. We filled them in. Xu Senior went in pursuit of more info while, as per our agreement, Shoeman pretended to speak English as though he'd been taught in Peoples' Glorious Education Facility Number 43,607: "This episode with gun create many unglorious feng shui problems. May jeopardize once benevolent deal to buy company."

The Sarahs both saw their buyout stake evaporating, panicked, and went to hunt for Mel from Payroll.

Shoeman reached into a Whole Foods paper bag for snacks. Once the Sarahs were out of earshot I asked him what he was eating.

"Two hundred bucks worth of raw unfarmed British Columbia salmon. Nothing like it

for marathon training. Want some?"

"Ick, no thanks. Would a shooting really kill the sale of the company?"

"My dad's totally old school. He can't buy a building someone's died in. A standoff like this could be just as bad. I could care less, but I think we have to fly back to China tonight and discuss this with the family."

"Really?"

"Yup. Which also upsets my training schedule, because yesterday I found this perfect running track nearby — an elementary school they closed because of tax cuts. The soft unmown grass is perfect on my feet."

I grew worried... "What about ...what about our secret plan?"

He winked at me. "One day at a time, Shannon. By the way, I was guest at a poker night and I found out what they make at the defense contractor next door there."

It was like in the movies: guys in black running across the roof, with more guys closing in from all sides.



"What?"
"In-dash beverage caddies for drones."

"My sister would love that — hey wait — drones are unmanned!"

"Gotcha."

Then shots rang out. Holy crap! We ran and ducked behind a pickup. It was like in the movies: guys in black running across the roof, with more guys closing in from all sides. I was really frightened Kevin would get killed. He's a nice guy but life simply hasn't been too kind to him lately.

There was some silence and then we heard squeaking wheels, like a child's toy wagon. A moving dolly rolled out of the open double-wide doors of the ware-

Random fact of the day

Some people just can't cope in a sticky situation.

- Arachibutrophobia is the fear of peanut butter sticking to the roof of your mouth.

SOURCE: ASK.COM

house. Duct-taped on top of it was a poorly-made effigy of Kevin from the waist up. It was holding a broomstick as a rifle and was shot through with bullets.

"Uh oh." **TO BE CONTINUED...**

Random biz fact of the day

23%

Watch your language when you slam that overhyped Thai-food place: 23 per cent of employers review candidates' posts on Yelp.com and other rating sites. SOURCE: NEXCAREER

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BALONEY IS AS BALONEY DOES

The Internet has changed everything, from shopping to sex.

It's even changed cheating. There's a web site based in Toronto called Ashley Madison that caters to consenting married people looking for an affair.

And it makes no bones about it: "Life is short. Have an affair" is the tag line.

The site contends that there are zillions of other like-minded cheaters just like you looking for a dangerous liaison. But one woman says many of the adventurous females on the site are fake profiles.

And she should know. She wrote 'em.

Someone named Doriana Silva claims she wrote 1,000 fake profiles in three weeks, so many that she came down with severe carpal tunnel syndrome, and is now suing the website for \$20 million US for damages.

There's no honour among cheats, apparently.

Ashley Madison is owned by Toronto businessman Noel Bi-



JUST SAVIN'
Paul Sullivan
metronews.ca

derman, who is worth \$100 million US according to CelebrityNetWorth.com, mainly on the strength of AshleyMadison.com. There is no actual Ashley Madison, but that hasn't stopped over 17 million people from trying to hook up with her.

Biderman told Barbara Walters on The View that the reason the site is so popular is that it focuses on the needs of adult female cheetahs — and nothing attracts a male of the species more than a female of the same species.

So it's important that AshleyMadison.etc is fully stocked with attractive adult female cheetahs, even if they allegedly have to make up so many fakes that the profilers sustain \$20 million injuries.

Faced with Ms. Silva's not-so-shocking revelation, AshleyMadison.etc is crying foul, contending that it's "100 per cent authentic" and the company "won't give in to extortion." It also sent Business Insider pics of Doriana, taken from her Facebook

page, riding a jet ski and playing the bongos, all taken since she retired in alleged pain from writing fake profiles.

You have to wonder about someone who sues her employer for damage to her wrists, then turns around and posts photos of herself engaging in activities that require healthy wrists. Obviously, all that fake profile damaged more than her wrists. It spread to her brain.

There's a lesson in all of this. In fact, there's probably more than one. Let's try to sort them out.

For example, it's possible to make \$100 million out of nothing. (Oh, and Noel Biderman is happily married and 100 per cent faithful to his wife. Do as I say...)

Or if that profile "WillingToBeWhateverYouWant-MeToBe365" sounds too good to be true, it is.

Or Doriana? Why didn't you listen to your lawyer when he told you not to go on Facebook with the bongos?

Or you still don't understand that the Internet is hazardous to your health, and not just your wrists? Tried bird watching?

Or how about: It's still the same old story, the fundamental things apply: Baloney's still baloney, as time goes by.

ZOOM

Up in smoke, so no smoking up



AHMAD MASSOUD/REX

Seized Afghan narcotics burned

More than 20 tonnes of drugs and thousands of bottles of alcohol were burned by Afghan authorities in their fight against the narcotics trade amid a fresh surge in opium cultivation.

Government officials, ambassadors and military commanders gathered on a mountainside outside Kabul to burn the drugs, which were seized from smugglers in recent months. **METRO**

Narcotics burned

400
kg of heroine

1,200
kg of morphine

2,000
kg of opium

10,000
kg of hashish

Afghan opium

- Afghanistan produces more than 90 per cent of the world's opium, the key ingredient of heroin.
- One kilo of dry opium sells at \$160 to \$200. In contrast, a kilo of wheat pays only 41 cents.
- Since 2001, the U.S. has spent \$6.3 billion to curb the Afghan opium industry.

Government's view

"This event shows our increased capabilities fighting drugs."

Baz Mohammad Ahmadi, Afghan deputy interior minister for counter-narcotic programs

Ahmadi said the drugs were seized over the past 10 months in and around Kabul.

Mohammad Ibrahim Azhar, the deputy counter-narcotics minister, said that opium cultivation had increased this year, but refused to provide details to reporters before the official launch of the upcoming 2013 drugs report.

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

From stop motion to time lapse to hyper lapse, there's all sorts of fancy ways to have fun with photos and bring your stills to life. It used to take thousands of dollars of gear, hours of editing and the patience of a saint to pull off those sorts of photographic feats. But the creative folks over at Teehan+Lax labs are bringing hyper lapse to the people. Using Google Street View you can instantly create hyper lapses of just about anywhere the Google cars have travelled. Once you're done mapping your own hometown, take a look at some world class cities.



MARK BIRKLE/Flickr

Berlin hyper-lapse:

Credited as the vanguard of the hyper lapse scene, Shahab Gabriel Behzumi's hyper lapse of Berlin is said to have popularized the technique.

Welcome to London:

This hyper lapse film made by Mattia Bicchi Photography shows London's skyline from Canary Wharf to Tower Bridge over a period of three years.

Paris 2013:

Filmed in April, this hyper lapse takes you through the streets of Paris from day to night.

Twitter

@metropicks asked: Metro's Jessica Napier says it's immature to stalk exes on Facebook and watch *Pretty Little Liars*. What do you think is inappropriate for a late-20-something?

@FraserAust: Excessive sleeping around, and at the same time trying

to shame guys into marrying.

@Canucklehead_ca: Try to stay clear of crack pipes. (Drunken stupor or not.)

@BuckyHermit: Or Twitter. Ahem.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

The familiar tale of friends and frenemies intertwined

New movie. The Best Man Holiday follows a traditional formula of rivalries and rekindled romances that are all wrapped up in a reunion



IN FOCUS
Richard Crouse
scene@metronews.ca

The Return of the Secaucus Seven sees a group of college friends come together 10 years after they were arrested on the way to a 1970 peace protest in Washington D.C.

In the 1979 film they reminisce about the good old days, flirt and establish the basic theme of all reunion movies: "What's a little reunion without a little drama?"

This weekend Terrence Howard, Sanaa Lathan, Taye Diggs and Morris Chestnut are part of a core group of college friends who put that theory to the test in The Best Man Holiday. As IMDB says, expect "long-forgotten rivalries and romances to be ignited."

The idea of seeing old friends and frenemies after a long break offers loads of opportunities for drama and comedy.

Romy and Michele's High School Reunion played their high school 10th anniversary get together for laughs. The pair of friends big up their



The Best Man Holiday opens this weekend. CONTRIBUTED

One more

More somber is Young Adult, a Charlize Theron dramedy about Mavis Grey (Theron), a ghostwriter of novels for teens who accepts an invite for a baby shower from her high school ex-boyfriend, hoping that he will fall back

in love with her during their reunion.

- **Quote on Young Adult.** "Sometimes in order to heal," Charlize Theron says, "A few people have to get hurt."

post Grade 12 adventures in an effort to intimidate their old friends.

"Well, I thought the whole point of going to the reunion was to impress people," says

Michele (Lisa Kudrow). "I mean, how am I gonna impress anybody by selling ban-lon smocks at Bargain Mart."

National Lampoon's Class Reunion takes a different

comedic approach to the subject.

Mixing murder with nostalgia, it's the story of Walter Baylor (Blackie Dammett, father of the Red Hot Chili Peppers' singer Anthony Kiedis), an unhinged nerd seeking revenge during his 10th high school reunion as payback for a mean prank played on him during senior year.

"One more move and she gets a hole where she doesn't need one," says Walter.

Grosse Pointe Blank takes a more wistful approach to post school socials. John

Cusack plays a mysterious graduate who has a life changing epiphany 10 years after graduation.

"You know," he says, "when you started getting invited to your 10-year high school reunion, time is catching up."

Complicating matters is his job. He's a hit man.

"What am I gonna say? 'I killed the president of Paraguay with a fork. How've you been?'"

He's hired to bump off the father of his high school girlfriend for whom he still has feelings.

Write, sing, repeat — it's the Gray way

Looking back. The singer's new tour takes on her old material, which "still resonate to the present," she says

MARA LITTMAN
Metro World News

At the turn of the century, Macy Gray burst onto the music scene, winning multiple Grammy and MTV awards for her 1999 album,

On How Life Is.

Audiences fell for her signature raspy voice and unique blend of soul, rock, disco and hip-hop. Her sound was both new and retro.

Gray is still doing this same two-step of one foot in the future and one pointing to the past with her current tour, which takes listeners through the full On How Life Is album. She is adamant that the tour is a bigger step forward than it is a step back, though.

"I'm not a look-back per-

son. I rarely do that. It still means a lot to me, and what's happening in my life now," she says of the album. "When I'm up there (the songs) still resonate to the present. I didn't write them to be that way, but I think with simple life stuff, you'll have it years from now. You're still dealing with love, your spirit and yourself, forever."

In the 14 years since her initial fame, Gray has raised three children, appeared in a number of films and produced seven studio albums.

Life remains her biggest commercial success.

The fact that she's performing these songs at venues that are the same size as the ones she played when she was first starting out doesn't seem to faze her.

"You learn a lot playing clubs and having people right in your face," she says.

"But my mind and my heart are always on the same planet. That doesn't change for me. The atmosphere, the vibe and how loud the crowd is, (that's) always different."



Macy Gray is slowly making her way back into the spotlight.
GETTY IMAGES



Julia Roberts

Julia's not gonna read your #hate

Don't expect Julia Roberts to join Twitter anytime soon. "It's kind of like cotton candy," she says of social media in an interview with Marie Claire. "It looks so appealing and you just can't resist getting in there, and then you just end up with sticky fingers and it lasted an instant." Actually, Roberts seems to stay away from the Internet in general as much as possible, making a point of not Googling herself or reading comments on articles about her. "I have too much potential for collapse. There's an anonymity that makes people feel safe to participate in hatefulness," she explains. "I like a good old-fashioned fistfight if people are pissed off at each other."

The Word

Stickers? Suckers? A tablecloth run amok? Fashion folks try to decode Jennifer's dress

PAT HEALY
Metro World News

Look. I am solidly in the Jennifer Lawrence Can Do No Wrong camp. She could wear a coonskin cap and shoes made out of coconut husks and I'd be like, "Brava!" But the critics don't feel the way I do about JLaw — they are after the actress big time about the Christian Dior dress she wore to the U.K. premiere of *The Hunger Games: Catching Fire* on Monday in London. "It honestly looks like someone crushed a bunch of multi-coloured suckers and stuck them onto the bottom half of this dress," opined one blogger. And in a post titled, *Catching Fire Premiere Or A Project Runway Fashion Show (You Make The Call)*, Dlisted asked, "How can you explain wearing Sandra Lee's



best tablecloth (she needs it back for her Glitzy Glamour

Christmas tablescape) to a movie premiere?"

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Russ needs to play fair, and Leo can't play at all: Thus sayeth Clooney

George Clooney is still pretty sore about Russell Crowe bashing him in the press back in 2005. "He picked a fight with me. He started it for no reason at all," Clooney tells *Esquire* magazine. "He put out this thing saying, 'George Clooney, Harrison Ford and Robert De Niro are sellouts.' He really went after me. And so I sent him a note going, 'Dude, the only people who succeed when two famous people are fighting is *People* magazine. What the f— is wrong with you?'"

The Gravity star also thinks Leonardo DiCaprio should spend more time practising basketball and less time boasting about his skills on the court. "The discrepancy between their game



George Clooney

ALL PHOTOS GETTY IMAGES

and how they talked about their game made me think of how important it is to have someone in your life to tell you what's what," Clooney says of a pickup game with the Titanic star in Cabo San Lucas, Mexico. "I'm not sure if Leo has someone like that."



Justin Timberlake

Justin's thin skin is showing

Justin Timberlake has had a tough autumn. His little-seen film *Runner Runner* and his album, *The 20/20 Experience: 2 of 2*, were both panned by critics. Variety even ran a piece titled *Why Justin Timberlake Should Stop Acting*. For a guy who's been beloved basically his whole career, the sudden change in fortune is bound to be bewildering. "Where did all this vitriol come from? It's mean. And I'm not cut out for it," he told GQ. "The movie didn't do well at the box office, so I should quit? Hold on a second. If I was somebody else, you wouldn't have said that. I have the No. 1 album this week, and I shouldn't have released it? Come on, man. You sound like a dickhead. ... It just shocked me because, like, you're trade magazines. None of your opinions count. And by the way, none of you can do it."

Ryan comes clean about being puked on

So that story about Ryan Reynolds having to spend most of a recent flight from New York to New Orleans sans shirt after drunken fellow passenger puked on his cashmere sweater? Totally fake, according to the man himself. "I heard about that," the tells *Vulture*. "That is utterly made-up. I don't know where that stuff comes from. It's fantastic, it sounds like a great story." In fact, Reynolds remembers exactly the last time someone vomited on him. "Someone threw up on



Ryan Reynolds

me in fifth grade. That was the last time it happened," he says. "Sherry Piper, while we were square dancing. Tralfalgar Elementary School."



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Many devout Catholics and spirited hikers make the popular 500-mile trek in the footsteps of medieval pilgrims from Saint-Jean-Pied-de-Port in France to Santiago de Compostela, Spain, the final resting place of St James. Fast food icons have inspired equally lengthy quests with their faithful lured by righteous burgers, Japanese hot dogs, and crunchy habit-forming Korean chicken wings.

MIKE DOJC
life@metronews.ca

THECCSDIV/Flickr



Umami Burger

There's sweet, sour, salty, bitter, and then there's umami. The fifth dimension of taste is a subtle yet savory yumminess known to inspire hour-long lines. This now bicoastal, but still California centric, artisanal burger emporium has a dozen meaty options at each location but you can never go wrong with a standard Umami burger topped with roasted tomato, shiitake mushrooms, caramelized onions and a parmesan crisp.

Where to satisfy the craving: Palo Alto's location has a library theme, drawing bookish decor cues from close by Stanford University. Do some high tech networking in Silicon Valley and then grab a hold of one of Umami's high-concept burgers by its lightly toasted soft Portuguese buns.

JEREMY HALL/Flickr



In-N-Out Burger

Even if you've never had the pleasure of acquainting your taste buds with the burger bliss that has created a food revolution, you're probably familiar with their not-so-secret menu. Additions to the sparse menu board include the 4 X 4 (a quad-decker), Protein Style (bun-less lettuce wrap) and the famous Animal Style with grilled onions, pickles, extra spread and a mustard cooked patty.

Where to satisfy the craving: While the chain is spreading eastward, the L.A. area remains In-N-Out central. The original location was demolished decades ago but the company recently built a replica of the 100-square-foot drive-thru burger stand that started it all in Baldwin Park.

5

Fast food meccas in North America

MARMAROU/Flickr



White Castle

Slider nirvana White Castle, the beefy grail at the end of the first Harold & Kumar movie, is a cathedral of aromatic mini-burgers where a group gorge on a 20-burger order isn't anything to bat a lash at. While they have a formidable presence in the Northeast, their steam-grilled stronghold is in the Midwest. The drawbridge was lowered on the first White Castle in Wichita in 1921.

Where to satisfy the craving: Kansas hasn't had any locations for years but there are a ton in Missouri, so hit St. Louis, scope out the gateway arch and treat yourself to at least a half-dozen of the itty-bitty burger beauties.

Japadog

Spearheading a Japanese-style franks invasion, Vancouver-based Japadogs dresses up all beef dogs, brats and kurobuta (the "kobe beef of pork") with snazzy toppings. Their Terimayo dog, garnished with teriyaki, mayo and seaweed, started the craze. Other exotic dogs feature bonito flakes, yakisoba noodles, grated daikon, and edamame. There's even a dessert dog called "ice age," a deep fried bun filled with your choice of five flavours of ice cream.

Where to satisfy the craving: Vansterdam's street carts lit the fuse on this foodie frenzy-starter but their first restaurant location at 530 Robson St. offers a more expansive menu, including fries topped with everything from butter and shoyu to ume shiso. They've also got a Manhattan outpost.

MACROHEAD/Flickr



CHERRYLET/Flickr



BonChon

Buffalo's stranglehold on the mantle of best chicken wings in the world appears to be slipping as this Busan South Korea export continues to sizzle. Utilizing an Asian frying technique that calls for a thinner batter (resulting in a cracklier crust) and subbing blue cheese and celery for soy-garlic and pickled radish cubes, these aren't your daddy's chicken wings. Made to order, hand brushed BonChon wings are a food addiction waiting to happen.

Where to satisfy the craving: BonChon's crunchy wing joints have sprung up in Thailand and all over the Philippines but there's also five locations in the New York area and another handful in New Jersey.

Salmon with Mango, Black Bean and Corn Salsa evokes a summer breeze



ROSE REISMAN
For more, visit
rosereisman.com or
follow her on twitter
@rosereisman

The combination of black beans and sweet mango is outstanding. I serve this salsa over chicken or other fish and even as a salad dressing. Sautéing the corn adds a barbecued flavour.

1. To make the salsa: In a non-stick skillet sprayed with cooking spray, cook the corn on

medium-high heat for 8 minutes or just until the corn is dry and beginning to brown. Place it in a serving dish. Stir in the remaining salsa ingredients.

2. In a nonstick grill pan sprayed with cooking spray, grill the salmon on medium-high heat for 5 minutes per side or just until medium done (10 minutes per inch/2.5 cm of fish thickness). Serve the salsa overtop of the fish. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN.**

Ingredients

Salsa

- 1/2 cup corn
- 1/2 cup diced mango
- 1/2 cup canned black beans, drained and rinsed
- 1/4 cup diced red bell peppers
- 1/4 cup diced sweet onions
- 1/4 cup chopped fresh cilantro or parsley

Fish

- 1 tbsp fresh lime or lemon juice
- 1 tsp liquid honey
- 1 tsp minced garlic
- 1/2 tsp hot pepper sauce
- 4 skin-on salmon fillets

Salmon with Mango, Black Bean and Corn Salsa



This recipe serves four. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

Drink of the Week

Jamaican Hot Buttered Rum

Cocktail base

- 1 lb brown sugar
- 1/2 lb butter
- Pinch of salt
- 4 oz apple cider
- 1/2 oz fresh extracted ginger juice

Individual cocktail

- 1/2 tsp nutmeg
- 1/2 tsp allspice
- 2 heaping tbsp of cocktail base
- 2 oz Appleton Estate Reserve
- 6 oz (approx) hot water

Blend cocktail base ingredients and bring to a boil before removing from the heat. Then leave to cool and store in refrigerator.

When ready to make a drink, combine 2 tbs of base with rum and hot water.

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VS.



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ROAD TO THE THREE PEAT

Fair thee well, future employee!

Acing an on-site extravaganza.

Career fairs bring an opportunity of discovery and networking. These guidelines will prepare you for a productive day!

JESSICA
CRUZ

TalentEgg.ca

Regardless of your industry of choice, chances are there's a career fair that matches your interests.

Attending a career fair can be a good way to complement your online research and networking and there's no harm in showing up when employers are coming to meet individuals just like you.

Where do I find out about these fairs?

On campus: If you're a student, you're in luck! Campus recruiters visit career fairs to hire students like yourself. Check your career centre's website, online calendar or visit their office at the beginning of the term.

Community listings: Community job fairs happen all year. Check city or community event listings online. Keep a lookout for industry or company specific job fairs in your area as well. A quick search can reveal wonders.

Planning ahead

Think about it like a marketing campaign. What's



Recruiters set up shop at career events in order to reach out to people just like you. Don't be afraid to chat them up. ISTOCK

your purpose? What kind of job or company are you looking for? What are you trying to learn? Having a purpose will guide your visit.

The first thing you should look for is an online employer listing. Knowing which companies will attend can determine if a

particular fair is worth your time. Some fairs might include an online floor plan, company descriptions or available positions.

What do I bring?

Resumés/cover letters: Bring a few copies in a small folder or bag. Your

community employment centres and campus career centres can help edit your resumés through appointments or workshops.

References: Keep your references tucked away with your resumé and cover letters. On the spot interviews can happen anytime or

company reps might scan your resumé and ask for references.

Notepad/notebook/tablet: Have tools for jotting notes, contact information and helpful details.

Pen: Make sure you have one that works.

Step right up!

Ask the right questions and network

- Engage in a conversation and be brief. Be clear about your goals and what you're looking for.
- Ask questions about the positions, requirements and the representative's experiences with the company. If your goals are unclear, that's fine too. Think of the event as an opportunity to gather ideas about your future.

Business cards: It's a great way to give out your contact information in quick meeting settings.

What do I wear?

Most career and job fairs have a business casual dress code. You want to make a good impression, but don't overdo it. Contact the organizer or look at past event photos if you aren't sure what the proper dress code is.

Listen

Make sure you put yourself out there, but don't talk more than you listen. The employer might answer questions before you ask them. Other people may ask questions that the representative will answer on the spot. Let other people ask the common questions and save your energy for engaging conversation.

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Super skips

Hurdle, Francona named managers of the year

Terry Francona of the Cleveland Indians won the AL Manager of the Year award in a close vote, and Clint Hurdle of the Pittsburgh Pirates was the runaway winner in the National League after both guided small-budget teams to charming turnarounds.

Francona edged John Farrell of the World Series champion Boston Red Sox by 16 points in Baseball Writers' Association of America balloting announced Tuesday. Francona received 16 of 30 first-place votes to 12 for Farrell.

It was the first Manager of the Year honour for Francona, who led the Red Sox to World Series titles in 2004 and 2007. Voting is conducted before the post-season.

Hurdle was selected first on 25 of 30 NL ballots after steering the Pirates to the playoffs in their first winning season since 1992.

THE ASSOCIATED PRESS

Retiring

DeRosa hangs up weathered cleats

Toronto Blue Jays infielder Mark DeRosa is retiring after a 16-year career.

The 38-year-old veteran batted .235 in 88 games for Toronto last season, his lone year as a Blue Jay.

The native of Passaic, N.J., finishes his career with a .268 average and 494 runs batted in over 1,241 games with Atlanta, Texas, the Chicago Cubs, Cleveland, St. Louis, San Francisco, Washington and Toronto.

THE CANADIAN PRESS

Lightning have a Southern Miss feel

NBL Canada. Jason Forte is the latest ex-Golden Eagle to land in London



DAVE LANGFORD
dave.langford@metronews.ca

The Southern Mississippi shuttle continues for the London Lightning.

Six-foot-five veteran world traveller Jason Forte is the latest in the string of Lightning acquisitions from the Hattiesburg, Miss., university.

"When Elvin (Mims) graduated, I was coming in and when I graduated Maurice (Bolden) was coming in. So it was like three different eras," Forte said at Lightning practice Tuesday.

Forte said he also acted as a mentor to Bolden, the six-foot-nine Lightning rookie, when he would return to the university after his pro season.

Forte's relationships with the Lightning extend to the pro ranks when he played in the Continental Basketball Association. He and Mims won a championship with the Yakima (Washington) Sea Kings in 2006, and the Lightning's Tim Ellis joined the team the next season.

And during that 2006 run to the championship, one of the opposing coaches was the Lightning's Micheal Ray Richardson, in charge of the Oklahoma City Cavalry at the time.

"He and I go way back,"



Jason Forte comes to the London Lightning after playing in France last year. GETTY IMAGES FILE

Richardson said. "I coached against him and I know what he can do."

Richardson, after two losses and a one-point victory to open the season, said this week he needs more veteran influence on the roster. Forte fits the bill with only his final signing approval from FIBA standing in his way of taking the court Friday.

"He brings leadership, he's a veteran. He's won championships all over. He's played in France, Argentina," Richardson said. "He's a real good solid basketball player, a great defender, a great rebounder."

"We need guys who are leaders, who are vocal, guys

who understand how to play the game. And who know what it takes to win championships."

Forte said he can play any one of four positions on the Lightning, including point guard.

"It doesn't matter as long as I'm on the floor doing what I do best, using my overall skill," Forte said "I've got a pretty good basketball IQ."

The Lightning, after a slow start to their schedule, play three games in less than 72 hours on the weekend.

They play a home game at 7 p.m. Friday against the Windsor Express, on the road Saturday night in Brampton and then a 4 p.m. game Sun-


Another new face?

The Lightning are also looking at guard Maurice Carter, 30, to possibly join the team.

- "Need to see a couple more days of practice," Lightning general manager Taylor Brown said Tuesday.
- Carter last played professionally in Colombia where he averaged 28 points and 38 minutes.


day at the Budweiser Gardens against Mississauga Power.

4 SPORTS



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Lightning centre Steven Stamkos celebrates with goalie Ben Bishop after the team defeated the Edmonton Oilers 4-2 on Nov. 7. Stamkos is out indefinitely after breaking his right tibia Monday. CHRIS O'MEARA/THE ASSOCIATED PRESS

Tampa hoping to continue winning ways sans Stamkos

NHL. Centre for East-leading Lightning was tied for league lead in goals, points when he broke his leg in Monday's game

Everything was going right for the Tampa Bay Lightning this season until star centre Steven Stamkos' right leg slammed into a goalpost in Boston.

Now the Lightning need to find ways to keep on winning without their offensive motor and one of the NHL's biggest stars.

"We don't have much time to think about it," defenceman Eric Brewer said Tuesday ahead of the Bolts' game against the Montreal Canadiens. "We're

Stepping up

"Stammer's goals are going to be missed, but other guys are going to have to score more.... Hopefully I'll be able to lead the way here."

Right-winger Martin St. Louis, longtime linemate of the injured Steve Stamkos

not going to replace that loss, but we can try to deal with it and play well and carry on."

Stamkos underwent surgery Tuesday in Boston to repair a broken shin bone. The 23-year-old will be out indefinitely.

"I can't give you a time-frame on whether he's going to be eight, 12, 16 weeks or months," Lightning general manager Steve Yzerman said

in Toronto. "All I can say is he's out indefinitely for now. I think after speaking with the doctors, after today probably we'll have a better idea of the time frame."

Even his participation for Canada at the 2014 Winter Olympics in February is in some doubt.

"He will start rehabbing immediately, but by all accounts everything went well today. There was no unexpected issues," Yzerman said.

Stamkos was backchecking hard against Boston defenceman Dougie Hamilton in the second period of a Monday afternoon matinee when he lost his footing. His left foot hit and dislodged the net and his right leg swung round and struck the post. He tried unsuccessfully to get up twice before he was taken off on a stretcher. **THE CANADIAN PRESS**

Sochi Olympics

If Stamkos is out, who's in?

Hockey Canada has a number of potential alternatives to consider if a broken right tibia keeps Stamkos from playing in Sochi.

After Canada struggled to score goals on the bigger, international-sized ice in



Turin in 2006, pure scorers are likely to be a major priority. So far this NHL season, no one fits that bill more than Corey Perry of the Anaheim Ducks and Matt Duchene of the Colorado Avalanche.

Marty St. Louis, who won the Art Ross Trophy last season for Yzerman's Lightning, also might get a chance to play with Pittsburgh Penguins captain Sidney Crosby.

Claude Giroux of the Philadelphia Flyers and Jamie Benn of the Dallas Stars could also see their stocks rise. **THE CANADIAN PRESS**

Gimme 10? NHL GMs mull OT extension

Changing the structure of overtime in NHL regular-season games might not be imminent, but continued discussions among the league's general managers show there is interest in extending the extra period to cut down on the number of shootouts.

Overtime was one of many topics discussed at Tuesday's annual general managers meeting after Hockey Hall of Fame induction night, along with fighting, hybrid icing and the playoff format that was introduced for this season. No formal rule changes

Drawing the line

Bullying was brought up at the meeting in light of the situation with Richie Incognito and Jonathan Martin of the NFL's Miami Dolphins.

- "Every now and then, we all have to be reminded about what's acceptable and what's not," Lightning GM Steve Yzerman said.

came about, though the purpose of this get-together is

more to set up the next meeting in March.

Forty of the first 262 games this season have gone to a shootout. GMs have been discussing making overtime 10 minutes to cut down on shootouts "to some degree," according to Ken Holland of the Detroit Red Wings. Holland proposed five minutes of four-on-four and then three minutes of three-on-three, while Doug Armstrong of the St. Louis Blues and others want simply 10 minutes of four-on-four.

THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	17	12	5	0	54	42	24
Boston	17	11	5	1	48	30	23
Toronto	17	11	6	0	51	40	22
Detroit	18	9	5	4	45	48	22
Montreal	18	9	8	1	48	40	19
Ottawa	17	7	6	4	53	51	18
Florida	18	3	11	4	37	64	10
Buffalo	19	3	15	1	33	61	7

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	17	11	6	0	50	40	22
Washington	18	9	8	1	57	52	19
NY Rangers	17	9	8	0	39	46	18
Carolina	17	6	7	4	32	48	16
New Jersey	17	5	7	5	35	44	15
NY Islanders	18	6	9	3	51	60	15
Columbus	16	6	10	0	41	46	12
Philadelphia	16	5	10	1	26	44	11

Tuesday's results

Los Angeles at Buffalo
Colorado at Carolina
Nashville at NY Islanders
Columbus at Washington
New Jersey at NY Rangers
Winnipeg at Detroit
Anaheim at Florida
Philadelphia at Ottawa
Tampa Bay at Montreal
Phoenix at St. Louis
San Jose at Calgary

Monday's result

Boston 3 Tampa Bay 0
Wednesday's games — All times Eastern
Toronto at Minnesota, 7:30 p.m.
Philadelphia at Pittsburgh, 8 p.m.
Dallas at Edmonton, 10 p.m.

Thursday's games

MLS PLAYOFFS

CONFERENCE FINALS

(2 games, total goals)
Saturday, Nov. 23 — All times Eastern
Houston at Kansas City, 7:30 p.m.
Sunday, Nov. 24
Salt Lake at Portland, 9 p.m.

CHAMPIONSHIP

Saturday, Dec. 7
East champion vs. West champion, 4 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	16	14	2	0	54	28	28
Chicago	18	12	2	4	66	49	28
St. Louis	15	11	2	2	52	34	24
Minnesota	18	10	4	4	48	40	24
Nashville	17	8	7	2	37	54	18
Dallas	17	8	7	2	46	52	18
Winnipeg	19	8	9	2	50	55	18

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	19	15	3	1	66	45	31
Phoenix	18	12	4	2	60	56	26
San Jose	17	10	2	5	63	41	25
Vancouver	20	11	7	2	54	54	24
Los Angeles	17	11	6	0	50	41	22
Calgary	17	6	9	2	47	61	14
Edmonton	19	4	13	2	48	75	10

Note: Two points for a win, one point for overtime loss.

Los Angeles at NY Islanders, 7 p.m.
Columbus at Boston, 7 p.m.
Anaheim at Tampa Bay, 7:30 p.m.
Phoenix at Chicago, 8 p.m.
Colorado at St. Louis, 8 p.m.
Dallas at Calgary, 9 p.m.
San Jose at Vancouver, 10 p.m.

Friday's games

Anaheim at Carolina, 7 p.m.
Los Angeles at New Jersey, 7 p.m.
Nashville at Pittsburgh, 7 p.m.
Montreal at Columbus, 7 p.m.
Toronto at Buffalo, 7 p.m.
Washington at Detroit, 7:30 p.m.
Boston at Ottawa, 7:30 p.m.
Florida at Minnesota, 8 p.m.
Philadelphia at Winnipeg, 8 p.m.
San Jose at Edmonton, 10 p.m.

CFL PLAYOFFS

DIVISION FINALS

Sunday's games — All times Eastern
Hamilton vs. Toronto, 1 p.m.
Saskatchewan vs. Calgary, 4:30 p.m.

GREY CUP

At Regina, Saskatchewan
Sunday, Nov. 24
East champion vs. West champion, 6 p.m.

NFL

WEEK 10

Monday's result

Tampa Bay 22 Miami 19

Thursday's game — All times Eastern
Indianapolis at Tennessee, 8:25 p.m.

Sunday's games

Baltimore at Chicago, 1 p.m.
Arizona at Jacksonville, 1 p.m.
Detroit at Pittsburgh, 1 p.m.
Oakland at Houston, 1 p.m.
N.Y. Jets at Buffalo, 1 p.m.
Cleveland at Cincinnati, 1 p.m.
Washington at Philadelphia, 1 p.m.
Atlanta at Tampa Bay, 1 p.m.
San Diego at Miami, 4:05 p.m.
San Francisco at New Orleans, 4:25 p.m.
Green Bay at N.Y. Giants, 4:25 p.m.
Minnesota at Seattle, 4:25 p.m.
Kansas City at Denver, 8:30 p.m.

Monday, Nov. 18

New England at Carolina, 8:40 p.m.

NBA

Tuesday's results

Milwaukee at Miami
Washington at Dallas
Detroit at Golden State
New Orleans at L.A. Lakers

Monday's results

San Antonio 109 Philadelphia 85
Indiana 95 Memphis 79
Atlanta 103 Charlotte 94
Boston 120 Orlando 105
Houston 110 Toronto 104 (2OT)
Chicago 96 Cleveland 81
Denver 100 Utah 81
Portland 109 Detroit 103

L.A. Clippers 109 Minnesota 107
Wednesday's games — All times Eastern
Houston at Philadelphia, 7 p.m.
Milwaukee at Orlando, 7 p.m.
Charlotte at Boston, 7:30 p.m.
Toronto at Memphis, 8 p.m.

Cleveland at Minnesota, 8 p.m.
New York at Atlanta, 8 p.m.
Washington at San Antonio, 8:30 p.m.
L.A. Lakers at Denver, 9 p.m.
New Orleans at Utah, 9 p.m.
Brooklyn at Sacramento, 10 p.m.
Phoenix at Portland, 10 p.m.
Oklahoma City at L.A. Clippers, 10:30 p.m.

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NHL

Hawks sign Shaw to extension

The Chicago Blackhawks have agreed to terms with forward Andrew Shaw on a two-year contract extension through the 2015-16 season.

The 22-year-old Shaw had nine goals and six assists in 48 games last year, his first full season in the NHL. He added five goals and four assists as the Blackhawks won the Stanley Cup, and he is currently sixth on the team with 11 points and 51 hits through 18 games. **THE ASSOCIATED PRESS**

2014 Toyota Corolla



ALL PHOTOS WHEELBASEMEDIA.COM

Review. It's looking like an early Christmas for Toyota fans

MALCOLM GUNN
wheelbasemedia.com

For a small car, the Corolla has some big numbers to tout. Like the fact that in 47 years, Toyota has sold more than 40 million of them and currently operates 16 factories worldwide that supply Corollas to 154 countries.

The all-new 11th-generation North American sedan comes on strong with style — especially from the windshield forward — that its broad base of customers are not used to seeing. Nothing too radical, mind you, but just enough design drama to cause some politely muffled oohs and ahs (see above right).

The distance between the front and rear wheels has increased by a whopping 10 centimetres, rivalling the current segment space champ Dodge Dart.

Note that both the Dart and Corolla are virtually dead-heat-even for interior volume and could almost pass for mid-sizers. The added space between the wheels improves front and rear legroom slightly, which is welcome in any small car.

Interior styling has improved, but in a conservative way that differs from the Corolla's more daring competitors. Still, the clearly marked gauges and switches are logically placed and easy to decipher.

It's only when you check under the hood that a sense

of déjà vu really kicks in. A 132-horsepower four-cylinder carries over from the previous generation. It's connected to a six-speed manual transmission for the base CE and sporty S models. A four-speed automatic transmission is optional for the L, while a new continuously variable unit (CVT) is optional for the S, but standard on the LE and LE Eco.

To reduce that "rubber-band" slippage sensation that's common to many CVTs (including Toyota's Prius hybrids), engineers dialed in seven artificial shift points. These function automatically to simulate the action of a regular automatic transmission. With the S model, they can be manually controlled using steering-wheel-mounted paddles. Aside from using a more efficient engine with special variable valve timing, the ECO's figures are achieved with the help of underbody panels that improve the car's aerodynamics to reduce highway-speed fuel consumption.

The starting-point Corolla CE, which carries a \$17,600 base price, has a split-folding rear seat, power windows and locks plus a basic four-speaker audio system. The LE/LE Eco trims include air conditioning, 16-inch alloy wheels (15-inch steels are on the CE).

You also get a backup camera, remote keyless entry, heated front seats (power-adjustable for the driver), touchscreen display with voice recognition and Bluetooth wireless connectivity.

Opting for the S brings with it a blacked-out grille, 17-inch wheels, heated outside mirrors

2014 Toyota Corolla

- **Type.** Four-door, front-wheel-drive compact sedan
- **Engines (hp).** 1.8-litre DOHC I4 (132/140)
- **Transmissions.** Six-speed manual and four-speed automatic (depending on model)
- **Base price (incl. destination)** \$33,500

Design

The front end is certainly a lot more aggressively defined with its enlarged lower air intake and inset bumper. The side intakes seem a bit oversized, but the total effect is quite appealing. Along with its mostly new shape, the Corolla's more rigid platform supports a body that's a few ticks longer and wider.

Fuel economy

The fuel-saving LE ECO model comes with a 140-horsepower version of the 1.8 that's rated at 6.5 l/100 km in the city and 4.6 on the highway, compared to the base engine's 6.9/5.2 rating with the CVT.



The style of the interior is conservative and very logical.

and additional instrumentation with customizable settings.

A navigation system, power moonroof and push-button start head the list of options, along with a start/stop system that shuts off the engine for short periods, such as at stop-lights or in stop-and-go traffic. This, of course, saves fuel.

Despite its generally more

athletic appearance, the Corolla is still a sensible people transporter that carries with it a reputation for reliability and quality that's the envy of the industry. You'll need to check elsewhere for a budget-based pocket rocket, but joining the millions of contented Corolla owners around the world will at least put you in solid company.

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2 Dodge Dart
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3 Mazda3
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PPSA lien registration fee of \$45.93 and lien registering agent's fee of \$5.65, due at time of delivery are not included. Limited time SE Accessory Package installed for \$4.88 more bi-weekly (plus taxes) on a 2014 CR-V LX 2WD includes all advertised items plus "SE" badge. [†]Representative bi-weekly finance example: 2013 Civic DX Sedan on an 84 month term with 182 bi-weekly payments at 1.99% APR [including \$1,600 Finance incentive and \$476.65 individual dealer contribution deducted from the negotiated selling price before taxes]. Incentives apply only to Finance contracts through HFS, and can be combined with subvented rates of interest offered by Honda as part of a low rate interest program. Finance amount is \$14,959. Cost of borrowing is \$1,077.28 for a total finance obligation of \$16,016.28 with \$0 down or equivalent trade-in. [‡]\$500 Holiday Bonus offer applies only to retail customer purchase or lease agreements for new 2013 Civic, 2013 Fit and 2014 CR-V models concluded between November 1st, 2013 and December 2nd, 2013 at participating Ontario Honda Dealers. Deducted from the negotiated price after taxes and can be combined with advertised lease and finance rates. ^uLimited time 0.99% APR lease offers on remaining new 2013 Fit DX // 2013 Civic DX Sedan // 2013 CR-Z // 2013 Accord EX Coupe 6MT // 2013 Accord LX Sedan 6MT // 2013 CR-V LX 2WD for a maximum of 24 // 24 // 24 // 42 // 24 // 36 months. Representative lease example: 2013 Civic DX Sedan on a 24 month term at 0.99% lease APR, the monthly payment is \$287.20 with \$0 down or equivalent trade-in, \$0 security deposit and first monthly payment due at lease inception. Total lease obligation is \$6,892.80. 48,000-kilometre allowance; charge of \$0.12/km for excess kilometres. PPSA lien registration fee of \$18.81 and lien registering agent's fee of \$5.65, due at time of delivery are not included. ^{*}Receive 0.99% APR purchase financing on remaining new 2013 Fit DX // 2013 Civic DX Sedan // 2013 CR-Z // 2013 Accord EX Coupe 6MT // 2013 Accord LX Sedan 6MT // 2013 CR-V LX 2WD models for a maximum of 36 // 48 // 24 // 60 // 24 // 48 months. Representative finance example: 2013 Civic DX Sedan on a 24 month term at 0.99% APR and finance amount of \$17,037.30 the monthly payment is \$716.32. Cost of borrowing is \$176.22 for a total finance obligation of \$17,213.52 with \$0 down or equivalent trade-in. ^{*}\$1,500 // \$1,500 // \$3,000 // \$1,500 // \$2,000 // \$3,500 // \$2,000 // \$2,500 // \$4,000 // \$5,000 // \$5,000 customer cash incentive is valid on remaining new 2013 Fit (except DX) // 2013 Civic Coupe and Sedan (except DX Sedan) // 2013 Accord Coupe (except EX Coupe 6MT) // 2013 Accord Sedan (except LX Sedan 6MT, EX-L V6 Sedan and Touring V6 Sedan) // 2013 Accord EX-L V6 Sedan and Touring V6 Sedan // 2013 Crosstour EX 2WD and EX-L 2WD // 2013 CR-V (except LX 2WD) // 2013 Odyssey // 2013 Pilot // 2013 Ridgeline models when registered and delivered between November 1st and December 2nd, 2013. Cash incentive is available for all Honda retail customers except customers who lease or finance through HFS at a subvented rate of interest offered by Honda as part of a low rate interest program. All advertised lease and finance rates are special rates. Cash incentive will be deducted from the negotiated price before taxes. For all offers, taxes payable on full amount of purchase price. Offers only valid for Ontario residents at Ontario Honda Dealers. Dealer may sell/lease for less. Dealer order/trade may be necessary. Vehicles and accessories are for illustration purposes only. Offers, prices and features subject to change without notice. See your Ontario Honda Dealer or visit HondaOntario.com for full details. ^{**}Based on Association of International Automobile Manufacturers of Canada (AIAMC) data reflecting sales between 1997 and December 2012. ²⁰Based on Fuel Consumption Guide ratings from Natural Resources Canada. Transport Canada approved test methods used. Your actual fuel consumption will vary based on driving habits and other factors – use for comparison only.

Horoscopes

Aries

March 21 - April 20

What looks so confusing now will look a lot easier by the end of the week, so don't worry if you cannot make sense of events. That applies especially to money matters and business issues.

Taurus

April 21 - May 21

Activity in your opposite sign of Scorpio will bring you up against someone who is like you in personality but has different views on how things should be done. Sparks may fly but you can work together.

Gemini

May 22 - June 21

Be wary of people who arrive bearing gifts. With Neptune, planet of illusion, strong in your chart, you should consider the possibility that they are hoping to trick you.

Cancer

June 22 - July 23

The next few days will be good but why settle for good when they could be great? Define your goals and avoid activities that are wasteful of your time and energy — no matter how fun they are.

Leo

July 24 - Aug. 23

You may think if you don't act quickly you will miss the boat but it isn't true and what occurs over the next 24 hours will encourage you to calm down and slow down.

Virgo

Aug. 24 - Sept. 23

You cannot cure the world of its woes, but you can help people on a one-to-one basis. Whatever else you do or don't do today, aim to be a good example. Yes, it's enough.

Libra

Sept. 24 - Oct. 23

It may feel as if the fun is almost over, but it isn't true. Yes, you will have to get serious about work issues today and tomorrow but you will also have time to enjoy yourself.

Scorpio

Oct. 24 - Nov. 22

The Sun in your sign continues to fill you with energy and you should be using it to bring creative ideas to life. What looked impossible yesterday will look the easiest thing in the world today. Go for it.

Sagittarius

Nov. 23 - Dec. 21

A week and a bit from now the Sun will move into your birth sign and your mood will lighten, but today you are likely to be overly sensitive about everything. Keep your emotions in check.

Capricorn

Dec. 22 - Jan. 20

The pace of life will pick up today, so hold on and enjoy the ride. If you get the chance to participate in some kind of social event do so, even if it means extra work.

Aquarius

Jan. 21 - Feb. 19

You are right to be pleased by the things you've accomplished but there is a lot more you can do, so don't start winding down yet. A new opportunity will come your way over the next few days.

Pisces

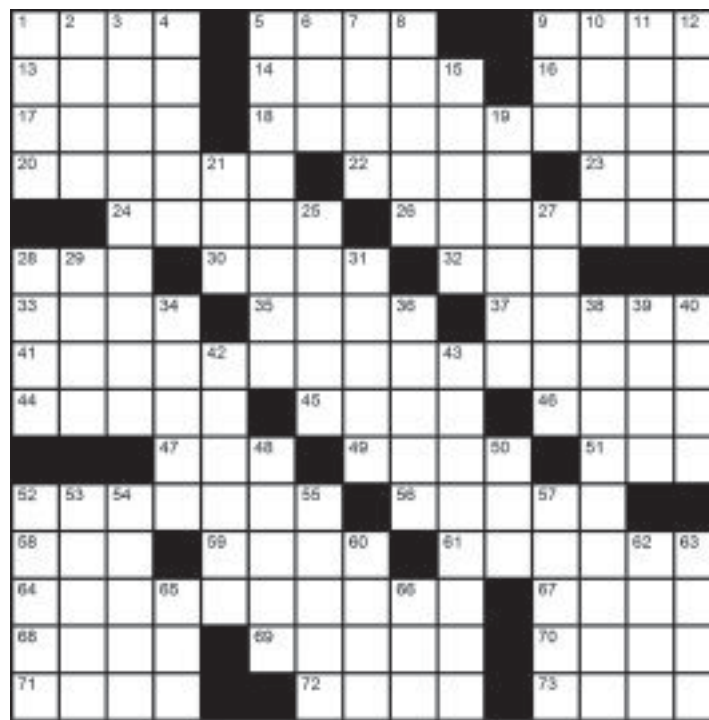
Feb. 20 - March 20

Neptune, your ruler, ends its retrograde phase today, which suggests you may change your mind about what you consider important. Try not to be too idealistic. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Var. weights
- Small rum cake
- Nero's 1151
- Fashion's ___-chic
- Classic joke: "Waiter! There's ___ in my soup..."
- ___ Ed. (Gym class)
- Dangle
- Suit part: 2 wds.
- CTV's interactive daily talk show, "The ___"
- Fawn
- Ms. Vardalos
- "Mad Men" gig
- Jennifer Stoddart, ___ Commissioner of Canada
- Horiz.
- TV fuzz
- "Cold Mountain" (2003) role
- Feet finials
- Podium
- ___ (Online appointment, say)
- Views from ships approaching Newfoundland: 2 wds.
- Von Trapps daughter
- Italia's capital
- ER doctor's 'Now!'
- ___ tree
- Terrier's coat texture
- Pro golfer Ernie
- The Band's 1968 debut album: 'Music from ___'
- Beatles surname
- Yoko's surname



- Mrs. Krabappel, memorable teacher on "The Simpsons"
- Mr. Estevez
- Working vessel in Arctic waters
- "___ Las Vegas" (1964)
- Positive
- Movie genre
- Distant

- Gaelic
- Chess men, for short
- Microscope piece
- 'For 1' and 'For 2', e.g., in restaurants
- ___ that Shakespearean Rag / It's so elegant / So intelligent." - T.S. Eliot

- Wayne Gretzky's spanned 20 seasons.: 2 wds.
- Dependable
- Alberta: Drumheller's terrain
- Egypt's cont.
- Was cut, did this
- Fabled fellow
- Speedometer meas.

- The Great Wall of ___
- Song segment
- "Should ___ or should..." - The Clash
- Stars, in Latin
- Beer mug, fancy-style
- FM's opposites
- What flat tires have in them: 2 wds.

- "Quo ___?" (Latin: Where are you going?)
- Canadian director Mr. Egoyan
- Cola's partner
- Spouseless she-spouse
- Took notice: 2 wds.
- 18-wheelers
- Post-death kingdom, some believe
- Frying pan, ___
- Approximations [abbr.]
- Great hockey Right Winger, Mark ___
- Gabrielle of "Beverly Hills, 90210"
- Famous mountains
- Root vegetable
- Idaho's capital
- Acquire
- Movie-___ (Film attendees)
- "My Sharona" by The ___
- Competitor
- Similar
- Leo Tolstoy's The Death of ___ Ilych
- Paddles
- Flower's friend
- New newt

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

6	9	2	1	3	8	5	7	4
4	5	8	7	6	2	9	3	1
1	7	3	4	5	9	8	6	2
2	4	9	6	8	7	3	1	5
5	6	7	9	1	3	2	4	8
8	3	1	5	2	4	6	9	7
3	1	6	8	7	5	4	2	9
9	2	5	3	4	1	7	8	6
7	8	4	2	9	6	1	5	3

				5	7	6		
6		2	9		1			
			8					
8						2	4	
4	7		2	8		3	1	
2	5						9	
			1					
		7		4	3		2	
	4	3	6					

Today

T/-1°
Mainly sunny

Thursday

4/1°
Sunny

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